



DEPARTMENT OF THE ARMY
UNITED STATES ARMY WAR COLLEGE AND CARLISLE BARRACKS
CARLISLE, PENNSYLVANIA 17013-5245

REPLY TO
ATTENTION OF

ATWC-APF

13 November 2003

MEMORANDUM FOR Senior Service College Fellows

SUBJECT: Executive Wellness Assessment

1. As part of the Senior Service College Fellows Course, the Army Physical Fitness Research Institute (APFRI) offers an Executive Wellness Assessment to each officer who wishes to participate in our program, on a first come-first served basis. APFRI's wellness assessment provides you a baseline for your health and fitness, allowing you to use the academic year to focus on health-related issues that confront senior leaders. Historically, 97% to 98% of all Army War College resident students participate in our program. While time-constraints will not allow us to offer you the identical program we offer resident students, we do offer as many components of our resident student program as time permits.
2. Coronary Heart Disease (CHD) remains the number one killer for both males and females in the 40-plus age category. For that reason, APFRI's program will focus on assessing your individual cardiovascular disease risk factors and provide you guidance to help you decrease your personal risk for CHD.
3. Our Executive Wellness Assessment includes a baseline assessment of blood chemistries, a body composition assessment, strength and flexibility testing, an assessment of aerobic fitness, and an individualized interpretation and recommendation session. The assessment is conducted at APFRI's Assessment and Wellness Center on the Army War College campus and lasts approximately 2 hours. APFRI will continue to track your results as part of an ongoing longitudinal study of senior leader health and fitness, which has been tracking health and fitness trends of Army War College graduates for the past 22 years.
4. If you are interested in participating in the Wellness Assessment, please respond to Ms. Gwen Kuntz, (717) 245-4511 or gwen.kuntz@carlisle.army.mil NLT 31 May 2004. To optimize your performance, we ask that you not perform vigorous exercise within 12 hours of the test. **For accurate blood chemistries and body composition results, do not consume any food or beverage for three hours prior to your assessment.** For more information about the Army Physical Fitness Research Institute, please visit our web site: <http://carlisle-www.army.mil/apfri/>

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THOMAS J. WILLIAMS, Ph.D.
COL, MS
Director, Army Physical Fitness
Research Institute